

M A V E R I C K A I

ASK CLAUDE TO REVEAL EVERYTHING IT KNOWS ABOUT YOU

THE PROMPTS THAT MAKE IT READ BETWEEN THE LINES

Claude has been paying attention to everything you've ever typed. These prompts make it say what it noticed: the patterns you don't see, the two versions of your next five years, and the one paragraph you should read every morning.

The 60-second setup that makes this actually work

The Reveal: 5 things Claude figured out about you

Two Futures: your next 5 years, side by side

The Morning Paragraph you'll actually keep

6 bonus prompts to go deeper

How to get honest answers (and take them well)

2026 Edition

First: What Claude Actually Knows

No mind reading here, and that's the interesting part. Claude "knows" you two ways: it can search your past conversations, and it keeps a memory of you that builds up as you chat. Every question you've asked, every project you've stressed over, every 1am message, that's a lot of you on the page. These prompts just make Claude read it back with the honesty setting turned up.

The 60-second setup (do this first)

1. Open Claude and go to **Settings**, then **Memory**.
2. Turn on both toggles: **Search and reference chats** and **Generate memory from chats**. (If your Settings shows **Capabilities** instead, the memory options live under there.)
3. That's it. Now Claude can actually pull from your history instead of guessing from one chat.

THE MAKE-OR-BREAK

These prompts feed on history. If you've barely used Claude, the answers will be thin, and searching across past chats is a paid-plan feature (Pro and up). On the free plan Claude still works from the memory it's built of you, it just has less to dig through. The more you've talked to it, the scarier good this gets.

TIP

You can see and edit what Claude remembers about you in Settings, Memory. Worth a look before you start, it's the raw material for everything in this guide.

Step 1: The Reveal

This is the prompt from the video, and the one that freaks people out. You're asking Claude for the things it worked out on its own, not the things you told it. Open a fresh chat and paste:

THE REVEAL PROMPT

```
Based on every conversation we've ever had, tell  
me five things you figured out about me that  
I've never directly told you. And don't hold  
back to make me feel good.
```

The second sentence is doing the heavy lifting. Without it, Claude leans polite and gives you compliments. With it, you get the read between the lines: how you handle pressure, what you circle back to, what you avoid.

Push it deeper

If the first answer lands, don't stop. Follow up with:

FOLLOW-UPS

```
For each of the five, what's your evidence?  
Quote the kinds of things I say that gave it away.  
  
Rank them by how confident you are, and tell me  
which one you think I'd argue with.
```

TIP

Stay in this same chat for the rest of the guide. Each prompt builds on the last one's answers, that's where the depth comes from.

Step 2: Two Futures

Now the one that turns the mirror forward. Same chat, paste this:

THE TWO FUTURES PROMPT

```
Predict my next five years if nothing changes.  
Then predict them again if I fix the one pattern  
that's holding me back the most.
```

Claude lays out two versions of you side by side: the default path and the fixed one. The gap between them is the point. It's usually not a talent gap or a luck gap, it's one habit repeated for five years.

Make it concrete

FOLLOW-UP

```
Take the second version. What would I actually do  
differently in the first 30 days? Be specific  
enough that I could start tomorrow.
```

HEADS UP

These are projections from your chat patterns, not prophecies. Claude is extrapolating, and it can extrapolate wrong. Treat the two futures as a sharp way to see one habit clearly, not a verdict on your life.

Step 3: The Morning Paragraph

The bonus prompt from the video, and the one you'll actually keep. Still in the same chat:

THE MORNING PARAGRAPH PROMPT

Now write one paragraph I should read every
single morning, based on everything you told me.

Claude condenses the whole conversation, your patterns, your two futures, the thing you need to hear, into one paragraph written specifically for you. Nobody else would get this paragraph.

What to do with it

Screenshot it. Make it your lock screen, pin it in your notes, tape it to the mirror, whatever you'll actually see. Then re-run this whole sequence in a month, if the paragraph comes back different, that's progress you can read.

TIP

If the paragraph feels too soft, say "rewrite it like a coach who knows me and isn't worried about my feelings." If it stings too much, say "same message, kinder voice." It's your paragraph, tune it.

6 Bonus Prompts To Go Deeper

The video promised the prompts and more. Here's the more. All of these work best in that same chat, after the first three.

THE BLIND SPOT

What's one thing about me that seems obvious to you but that I clearly can't see?

THE UNDERVALUED STRENGTH

What am I actually good at that I keep downplaying or ignoring?

THE IGNORED ADVICE

What advice have I asked for more than once and then clearly not taken? Why do you think that is?

THE ENERGY MAP

Based on how I write, what topics give me energy and what topics drain me? What does that suggest about how I should spend my time?

THE WRONG QUESTION

What question do I keep asking you that you think is the wrong question? What should I be asking instead?

THE MONTHLY CHECK-IN

Compare me now to our conversations from a few months ago. What's changed, what hasn't, and what does that tell you?

Getting Honest Answers (And Taking Them Well)

Give it permission to be blunt

Claude defaults to encouraging. Every prompt here works better with a permission line: "don't hold back," "don't soften it," "tell me what a good friend wouldn't say to my face." You have to open the door, it won't kick it down.

One chat, one sitting

Run the three core prompts back to back in the same conversation. Each answer becomes context for the next, and the morning paragraph at the end is only as good as everything above it.

Argue back

If one of the five things feels wrong, say so and ask for the evidence. Sometimes Claude updates, sometimes it holds its ground and shows you the receipts. Both are useful, and pushing back is how you find out which one you're dealing with.

A MIRROR, NOT A VERDICT

Everything Claude tells you is pattern-matching on what you've typed, it only knows the version of you that shows up in a chat window. It can be sharp and still be wrong. Take what's useful, test it against people who actually know you, and leave the rest.

HEADS UP

If something in these answers hits a nerve, that's normal, these prompts are designed to be honest. But Claude is a chatbot, not a therapist or a diagnosis. If it surfaces something heavy, take it as a signal to talk to someone you trust, and be kind to yourself about it.

The Quick Reference

The whole guide on one page. Screenshot this, run it in order, one chat, one sitting.

THE FULL SEQUENCE

SETUP

Settings > Memory > turn on both toggles

1. THE REVEAL

Based on every conversation we've ever had, tell me five things you figured out about me that I've never directly told you. And don't hold back to make me feel good.

2. TWO FUTURES

Predict my next five years if nothing changes. Then predict them again if I fix the one pattern that's holding me back the most.

3. THE MORNING PARAGRAPH

Now write one paragraph I should read every single morning, based on everything you told me.

YOUR ACTION PLAN

1. Turn on both memory toggles in Settings, Memory. 2. Run the three prompts in order, in one chat. 3. Save the morning paragraph somewhere you'll see it. 4. Pick one bonus prompt and go one level deeper. 5. Re-run the sequence in a month and compare.

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Claude's been paying attention. Time to ask what it noticed.